

# MCQUINN NATUROPATHIC

## AUGUST 2018 NEWSLETTER

### Back to School Health Tips

- **Set a bedtime.** It's easy during summer for bedtime to occur later during the evening. Now is the perfect time to start rolling back bedtime to a more normal bedtime so everyone is rested for a school day. How much sleep does your kid need?
  - Preschoolers 3-5 years. 10 to 13 hours
  - School-aged Children 6-13 years. 9 to 11 hours
  - Teenagers 14-17 years. 8 to 10 hours
- **Teach good hygiene habits.** Remind kids to always wash their hands after going to the restroom and before eating. Consider packing hand sanitizer in the school back pack
- **Prepare healthy snacks.** Stocking up on healthy foods like fruits, vegetables, whole-grain bread and lean protein like turkey. Take a few minutes during the weekend to cut up fruits and vegetables and prepare things like tuna salad or hard-boiled eggs for convenience in the mornings. Consider packing an ice pack in lunchbox to keep foods cold.
- **Manage stress.** Getting back into school can be stressful for everyone! Try not to overload schedules (as much as possible). Schoolwork and after-school activities are important, but it's also essential to take time to relax, play and spend time as a family

### BACK TO SCHOOL EDITION

#### 6 Fun Budget-Friendly Things to Do Before Summer Ends

1. Catch a \$1 family-friendly movie
  1. Participating Regal Cinemas (Everett, Northgate) have \$1 tickets to kids' movies on Tuesdays and Wednesdays at 10 am. Escape the heat in the air conditioning!
2. Visit a museum on First Thursday
  1. Many Seattle area museums have free days on the first Thursday of the month. Participating museums include the Seattle Art Museum, the Museum of History & Industry, the NW African American Museum and the Flying Heritage & Combat Armor Museum.
3. Visit the zoo. Woodland Park Zoo now has a Rhino Reserve!
4. Enjoy the beach at Jetty Island in Everett. If you have a group of eight plus you can set a reservation on the free ferry!
5. Get crafty. Home Depot holds free kids' workshop on the first Saturday of every month from 9am-12pm. The store provides all supplies needed and your kid can bring home a completed project!
6. Get outdoors. You can visit any Washington state park for free on August 25<sup>th</sup> (in celebration of the National Park Services' 102<sup>nd</sup> birthday).

#### Back to School Health Checklist

- ✓ Sports physical so your child can participate in afterschool activities
- ✓ Eye exam. Now is a great time to make sure kids with glasses or contacts have the most up to date prescription. Also a great time to make sure your child without correction is seeing well.
- ✓ Allergies. If your kid has allergies to dust, molds, or other air pollutants, ask their teacher if they can sit in an area of the classroom that would reduce their exposure
- ✓ Medications. If your child needs medication, make sure the school has everything they need in order to safely administer it to your child. If your child needs an Epi-pen (or generic) make sure they have one to keep at school
- ✓ Immunizations. Check with your doctor to see if your child needs any vaccinations before starting school. If you are electing to not vaccinate, check if your child needs a vaccine exemption form.

*The greatest compliment or thanks we could receive would be a referral from you of a friend, coworker or family member.*

## Protein Breakfast Cookie

### Ingredients

1 scoop vanilla protein powder

1 T coconut flour

Milk of choice

1 T nut butter of choice  
(optional)

1 T pure maple syrup  
(optional)

Sea salt, to sprinkle over

Chocolate chips/dried  
fruits/nuts etc (optional)

### Instructions

Line a small plate with  
parchment paper and set  
aside.

In a small mixing bowl, add  
your protein powder and  
coconut flour and mix  
well. If using the nut  
butter/maple syrup, add it  
right now. Using a  
teaspoon, add milk of  
choice until a VERY thick  
batter is formed.

Using your hands, form a  
small ball and press on the  
lined plate. Top with  
optional add ins, sprinkle  
with sea salt and enjoy  
(for a fudgy cookie) or  
refrigerate/freeze until  
firm.

From: [www.thebigmansworld.com](http://www.thebigmansworld.com)

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## BULLYING

### The Facts on Bullying

- Definition: unwanted aggressive behavior; observed or perceived power imbalance; and repetition of behaviors or high likelihood of repetition
- 2 modes of bullying: Direct (bullying that occurs in the presence of the target). Indirect (not directly communicated to target- for example spreading rumors)
- 4 categories of bullying: physical, verbal, relational, damage to property
- Prevalence: Between 1 in 3 students in the US say they have been bullied at school
- Setting: Most bullying takes place in school, outside on school grounds, and on the school bus

### What Parents Can Do

- Recognize the warning signs that your child is involved in bullying (difficulty sleeping, unexplained injuries, declining grades, social isolation, lowered self-esteem, self-destructive behaviors, changes in eating habits)
- Recognize signs that your child is bullying others (increasingly aggressive, frequent detention or trips to principal's office, not accepting responsibility for their actions, unexplained money or new belongings)
- Open lines of communication
- Work with the school if bullying has occurred
- Know your state requirements for schools if bullying has occurred
- Seek assistance if needed



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